

**The St George and Sutherland Hospitals**

**Name:**

**Date:**

**Issued by:**

**Phone number:**

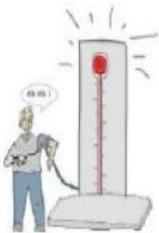
## Simple guide to manage your fluid intake

When your body has trouble getting rid of the excess fluid that you get from food and drinks, your doctor may prescribe medications (fluid tablets) and/or advise you to limit your fluid intake. This helps avoid fluid build-up or fluid overload.

**Your Daily Fluid Allowance is \_\_\_\_\_ ml.**

If you take in more fluid than you need, it can cause the following:

- Swelling (oedema) in your face, feet and body
- Raised blood pressure
- Difficulty in breathing if too much fluid is in your lungs
- More work for your heart
- Long and difficult dialysis (if you require dialysis treatment)



Many of these conditions are detrimental to your short term and long term health. Your doctor may also ask you to eat less salt and salty foods to help control the level of fluid on your body. High salt foods also make you thirsty and drink more, this makes fluid restriction difficult to manage.

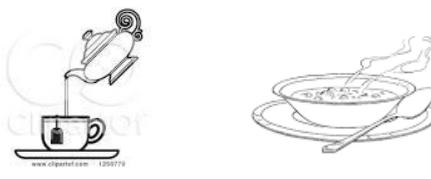
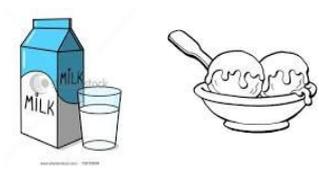
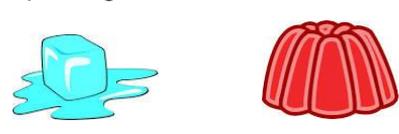
Fluid restriction is an important part of your diet management. Many of the high fluid items contain essential nutrients and energy that your body needs. These must be taken into consideration when planning your diet. This is especially important if you also need other special diets e.g. diet for dialysis.

**Remember to see your dietitian for your individual dietary needs, and  
making sure you have an adequate and well balanced diet**

## What should you count in your fluid allowance?

**Fluids are anything liquid at room temperature;** including anything made from liquid e.g. ice. You may also need to consider foods with high fluid content, e.g. fruit.

You must count the following “fluids” in your fluid allowance:

<p><b>All Drinks:</b> e.g. water, tea, coffee, milk, soft drinks, cordials, soup, gravies, juices, alcohol etc.</p> 	<p><b>Items made from MILK:</b> e.g. milk drinks, milk puddings, milk desserts, custard, yoghurt, ice cream, ice blocks etc.</p> 
<p><b>Items made from WATER:</b> e.g. ice, ice cubes, ice blocks, jelly, sorbets, gelato, gravies, sauces in casseroles, water content in porridge etc.</p> 	<p><b>Items with high fluid content:</b> Fruit (average serve ~ 150 ml fluid)</p> 

Note: You do not have to count the fluid in meat, fish, chicken, seafood, boiled rice, pasta or vegetables. These have already been considered before your “Daily fluid allowance “ is worked out for you.

### Helpful hints for fluid control:

- Measure the volume of the cups and glasses that you use at home
- Keep a record of your fluid intake along the day
- Use less salt (sodium) and avoid salty foods e.g. ham and processed foods so you will be less thirsty
- Eat regular well-balanced meals, and you will have less desire for extra fluid

### Contact your dietitian if:-

- You have any questions about managing your fluid restriction
- Your daily fluid allowance is 1000ml or less
- Your doctor also recommends a “salt reduced” or “low salt” diet. Limiting salt (sodium) will depend on how much fluid you build up and your body’s ability to get rid of the fluid
- You are also on a special diet, e.g. a special diet for dialysis